

TULLOW BINGO

Bingo every Thursday night at 8.30 p.m. in Murphy Memorial Hall. Next week's Supervalu jackpot will be €680.

Grange Community Alert

committee has extended their deadline to 31st January. If you have not paid the annual subscription of €15 by that date your number/s will be deleted from the system. If you have already been deleted or are new to the area and wish to register for 2017, please make your payment before then. The number of the Grange Community alert phone is 086 2709912 for any queries or information.

Scoil Mhuire Lourdes

Enrolment Application for enrolment for 17/18 school year in Scoil Mhuire Lourdes, Tullow will take place during the weeks January 23rd to February 10th, 2017. During this time application forms will be available from the school secretary 10—2 p.m. each day. Completed application forms must be returned no later than Friday 10th February.

RESIDENTS ASSOCIATION GRANTS:

Attention all Residents Associations - Carlow County Council annual grant application scheme 2017 is now open. Grants require 25% match funding e.g. if the grant issued is €100 then receipts must total €125. Grants are available for landscaping and development of open spaces e.g. trees, shrubs, flower beds, planters, paving etc. Closing date is Wednesday 25th January at 5 p.m. Contact Ann Scully on 9136204.

TULLOW ACTIVE RETIREMENT

Card Sessions every Tuesday in Tullow Parish Centre from 7—9 p.m.

Bowls every Monday, Wednesday and Friday in Murphy Memorial Hall from 2—4 p.m.

Yoga Classes in Teach Bride every Friday 11-12.30 p.m. Contact Imelda on 086 1045326.

Tai Chi held in Teach Bride every Thursday from 11-12.30 p.m. Contact Michael on 087 6952585.

In Association with Mt. Wolseley Leisure Centre, Tullow Active Retirement paid up members for 2017 can avail of a concession towards their membership. Contact Molly on 087 9523596.

LINE DANCING CLASS

will be held in the Parish Centre every Tuesday morning from 11—12.30 and Wednesday evening from 8—9.30 p.m.

Scoil Phadraig Naofa

are now enrolling for September 2017. Closing date for applications is February 28th. Please contact school for application forms. Phone 059 9151625.

Kind, Reliable and experienced childminder

required to mind school going children in own home in Killerig area. Own transport required. References required. Contact Jean on 087 9454510.

Machinery Auction

on Saturday 28th January at 11.30 a.m. at Tankardstown, Tullow. Contact Micheal Doyle on 087 9106151.



TULLOW, GRANGE AND ARDATTIN PARISH NEWSLETTER

22nd January, 2017. Third Sunday in Ordinary Time

Carlow Mental Health Association Promoting Positive Mental Health

Telephone: 085 8181353
www.carlowmentalhealth.ie

Tips to Build Resilience

Have the courage to be imperfect-try to aim for 'not bad at all' 'really quite good' instead of 'perfect'.

Take time for yourself - allow yourself time to do things that you enjoy. If you create boundaries around your time and stick to them, others will respect them.

Sign up for that course - join that club or volunteer. Getting involved in community activities can create skills and boost your physical and mental wellbeing.

Spend time with people that make you feel good - having supportive relationships is a key factor in resilience. Good friendships are as important as romantic and family relationships.

Remember, this too shall pass - keep things in perspective. Avoid being overly negative about things. Try to focus on the things you can control.

Talk about your troubles - if you let friends and family know when times are tough, they may be able to provide a range of support. This could include listening, advice or providing practical support. Sometimes you may need to talk to a professional.

PLEASE PRAY FOR Sr. Cathaldus (May), Dooley, Brigidine Convent, Tullow and Rosssmore, Carlow who died recently.

ANNIVERSARY MASSES FOR SATURDAY 21ST JANUARY, 7.30 P.M.

FIRST ANNIVERSARY MASS for Peter Rooney, London and formerly of Ardoyne on Saturday night 21st January at 7.30 p.m.

Shane O'Neill, 75 Hillbrook Estate. Kathleen Kealy, Killamaster. Jim Murphy, Ballymurphy. Josie Hade, Dublin Road. James Byrne and deceased family members, John Street. Martha & Thomas Dawson, Rathbawn. Rose & Patrick Kelly, Knocklow.

ANNIVERSARY MASSES FOR SATURDAY 28TH JANUARY, 7.30 P.M.

FIRST ANNIVERSARY MASS for Mike Holden, Ouragh next Saturday night 28th January at 7.30 p.m.

Molly & Billy Maher & deceased family members, Castledermot Road. Patrick Connolly, Bellwood Drive. Jack & Josephine O'Neill, 11 Pairc Mhuire. John Shannon, Ardristan. Brendan & Maureen Healy, The Square. Bernard Flynn, The Course. Kathleen & John Kavanagh, Kill. Brigid & William Shannon & deceased family members, Grangeford. Joe Nolan, Hillbrook Estate. Pat Murphy & deceased family members, Rathbawn. Thomas Coyle, Monasteraden, Co. Sligo. Joseph & Brigid Healy, Deerpark, Tullow. Dick Murphy, John Street. Jim Savage, The Square.

TULLOW PARISH HOLY LAND PILGRIMAGE

Wednesday 11th—Friday 20th October, 2017.

Deposit of €250 needs to be paid as soon as possible.

*BOOKING FORMS AVAILABLE AT PARISH OFFICE ON 059 9151277.
OR CONTACT PATRICIA AT MAP TRAVEL ON 018783111*

"REFLECTIONS": If you would still like to purchase a copy of our parish magazine, it will be on sale after Masses in Grange, Ardattin and Tullow next week-end. Price €5.

Eucharistic Ministers

28th January/29th January

7.30 p.m. Ger Farrell: Sr. Mary Dalton
Ava Fitzgerald: Andrea Cooper
11.00 a.m. Ila Dore: Ann Hennessy
Kieran Coughlan: Ann Sheppard.

COLLECTIONS

Development: €2,175

Offertory: €1,150.

Many thanks.

**Irish Blood
Transfusion Service**

will visit Murphy Memorial Hall,
Tullow next Wednesday 25th January
from 4.30—8 p.m.

Ardattin Fundraisers

would like to thank everyone who took part in their Annual Amble on St. Stephens Day. All proceeds raised go to Carlow/Kilkenny Homecare Team.

Kildare and Leighlin Diocesan

Pilgrimage to Lourdes 2017. Led by Bishop Denis Nulty
16th—21st July, 2017. Cost: €719

Booking Form with deposit of €200 needs to be sent to: Susan O'Mahony, Joe Walsh Tours, 143 Lr. Baggot St., Dublin 2. Booking Forms available at Parish Office. Rooms still available in HOTEL AGENA.

Eucharistic Adoration:

Special intentions for Tuesday and Wednesday 24th and 25th January. That all Christians may be faithful to the Lord's teaching by striving with prayer and fraternal charity to restore ecclesial communion and by collaborating to meet the challenges facing humanity.

VOCATIONS in Kildare and Leighlin

Diocese: Reform your lives! The kingdom of heaven is at hand." Are you being called to proclaim the coming of the kingdom as a priest?

Contact Fr. Ruairi O'Domhnall voca-

Tullow Day Care Centre

Good-As-New Shop: Any items of clothes, footwear or bric a brac would be very much appreciated.

St. Patricks GAA Club

will hold their Annual Church Gate Collection this weekend Saturday 21st and Sunday 22nd January. Please support.

Kildavin/Clonegal Drama Group

is back and busy rehearsing their forthcoming production of "The Maiden Aunt" by Jimmy Keary which will be held on Saturday 4th and Sunday 5th February in Spellman Hall Kildavin at 8 p.m. sharp.

TULLOW R.F.C.

Towns Cup Match
Tullow V Newbridge
next Sunday 29th January at 2.30 p.m.
at the Blackgates, Tullow.

TRAINING COURSE FOR NEW READERS in Grange, Ardattin and Tullow.

February 21st, 28th and March 7th. Venue: Cairdeas Centre, Tullow at 8 p.m.

New readers are very welcome. Please give your name at the Parish Office or contact Sr. Elizabeth or Fr. Andy.

Email: tullowparish@eircom.net

Tullow Parish Community Centre. Phone: 059 9151277.